

AN
insight
JOURNAL

A tool to help you pause and reflect on lessons learned in hard times to take with you on the journey ahead.

collide.

hello, friend

I know that sometimes we hit hard seasons in life. I know I do and I'm pretty sure you do too. And usually when those times come, I can sense myself learning. I can feel new thinking arriving. My "notes to self" tend to stack up as I think of all the things I want to remember when I walk out the other side of hardship. It's not that those thoughts come easy or feel good. Sometimes they are tough lessons. Sometimes they feel like a refining process. And sometimes they feel like nuggets of wisdom being handed to me. I often feel a "look back" happening as I ready myself to look forward. And rather than sit in regret, I usually try and learn. I think pausing for introspection when we walk through trials will help us walk into our future with the wisdom we gained from our past. This journal is just that, a helpful tool to gain insight, to help you pause, remember, and take note so that you walk out of hardship into your new season remembering what you learned, what you gained, what you hope to take with you. God will not waste a thing, including your pain, your past and your hardships. Allow Him to meet you as you reflect and then take every piece of wisdom He gives you into your future. The journey ahead will be on better paths, radiating light and hope, faith and wisdom, if you take with you what you have learned.

Blessings friend,

Willow



The beginning
of wisdom
is this →
Get wisdom,
and whatever
you get,
get insight.

Get wisdom; get insight; do not forget, and do not turn away from the words of my mouth.
Do not forsake her, and she will keep you; love her, and she will guard you. The beginning
of wisdom is this: Get wisdom, and whatever you get, get insight. **Proverbs 4:5-7**

Now these things happened to them as an example and warning [to us]; they were written for our instruction [to admonish and equip us], upon whom the ends of the ages have come.

1 Corinthians 10:11

LET HARD THINGS SERVE AS EXAMPLES
TO EQUIP YOU FOR THE FUTURE.

For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.

NEVER FORGET HOW YOU FEEL RIGHT NOW.
LET YOUR REMEMBRANCE TURN INTO ACTION.

Romans 5:3-5

**SUFFERING LEADS TO ENDURANCE,
CHARACTER AND HOPE, IF WE LET IT.**

Deuteronomy 30:3

11/11/2016

Psalm 34:8

HEALING REQUIRES DEALING. DON'T TAKE YOUR PAST PAIN INTO YOUR FUTURE HOPES. TAKE THEM TO YOUR GOD.

11/11/2019

The image shows a worksheet with a red header bar at the top. On the right side of the header bar is a white ribbon-like shape containing the number "6". The main title of the worksheet is "Are there any regrets you have that are inspiring you to live differently in the future?" written in a dark, serif font. Below the title is a large rectangular area filled with horizontal grey lines for writing. At the bottom of the page, centered, is a quote in italics: "Do not long for 'the good old days.' This is not wise." followed by "Ecclesiastes 7:10". Below this quote is a short black horizontal line, and then the words "DO NOT LONG FOR WHAT WAS. LEAN INTO WHAT CAN BE." in a bold, red, sans-serif font.

6

Are there any regrets you have that
are inspiring you to live differently
in the future?

*Do not long for “the good old days.” This is not wise.
Ecclesiastes 7:10*

**DO NOT LONG FOR WHAT WAS.
LEAN INTO WHAT CAN BE.**

11/11/2019

**DECIDE NOW WHAT YOU
WILL NOT RETURN TO.**

Hebrews 12:1

11/11/2019

Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

Matthew 6:19-21

BANK ON WHAT CAN NEVER BE TAKEN.

Isaiah 40:31

HOPE IN GOD PROMISES RENEWAL.

Isaiah 40:8

11/11/2019

Lamentations 3:22-23

11/11/2016

Hebrews 12:10-11

11/11/2019

11/11/2019

**DON'T LIVE IN THE PAST,
JUST LEARN FROM IT.**

If you could take some notes to remind your future self what you have learned in this trying time, what do you want to say?

...walk in the way of insight.

Proverbs 9:6

TAKE YOUR INSIGHT WITH YOU
ON THE JOURNEY AHEAD.

Life seems to usher in season after season after season. And our hope is that this reflection journal helped you pause with Jesus in your current season before you move into what you sense as the next one. We hope you will take with you all that you have learned about God and yourself and allow it to give you wisdom for the journey ahead. And most of all friend, we hope you keep colliding.

XOXO,

The Collide Team



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